Choose one of the following:

**Popcorn Buffalo Chicken Crisp**
Popcorn chicken, tomatoes, and melted cheddar ‘n jack cheese, topped with buffalo sauce folded ‘n grilled in a flour tortilla. Served with a side of chunky bleu cheese.

**Chicken Crisp**
Diced grilled chicken breast, tomatoes, and melted cheddar ‘n jack cheese folded ‘n grilled in a flour tortilla. Served with sour cream or salsa.

**Garden Crisp**
Sautéed peppers ‘n onions, tomatoes, and melted cheddar ‘n jack cheese folded ‘n grilled in a flour tortilla. Served with sour cream or salsa.

**Popcorn Buffalo Wrap**
Popcorn chicken, seasoned potato wedges, lettuce, and tomatoes topped with buffalo sauce and chunky bleu cheese dressing, rolled in a flour tortilla.

**Rajun Cajun**
Cajun grilled chicken breast, lettuce, tomatoes, melted pepperjack cheese, and homemade buttermilk ranch wrapped in a flour tortilla.

**Philly Cheese Steak Wrap**
Grilled, hand trimmed top round steak, sautéed peppers ‘n onions, and melted American cheese rolled in a flour tortilla.

**Chicken / Steak Fajita**
Peppers ‘n onions sautéed with Hansel’s fajita seasoning, topped with melted cheddar ‘n jack, sour cream, and salsa in a flour tortilla.

**Turkey Melt**
Grilled turkey, lettuce, tomatoes, and honey mustard or mayo in a flour tortilla.

**The Original Sandwich**
Grilled chicken breast, lettuce, tomatoes, and your choice of honey mustard, mayo, or bbq sauce served on a fresh semolina roll.

**Veggie RRP ‘n Fresh Mozzarella**
Roasted red peppers, fresh mozzarella, fresh basil, and balsamic in a flour tortilla.

**Mediterranean**
Romaine lettuce, Kalamata olives, hot peppers tomatoes, cucumbers, and feta cheese with balsamic dressing in a garlic herb tortilla.

Extra toppings not available. All Meal Exchanges come with a Poland Spring water bottle.
1. **Samosa Chaat**
Samosa served with chickpeas topped with Red onions, Green chutney, Tamarind chutney and Yogurt sauce

2. **Platter**
Served on Flavored Yellow Rice with Chickpeas, Salad and Raita.

<table>
<thead>
<tr>
<th>Tandoori Chicken (D)</th>
<th>Chicken Tikka (D/N)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paneer Sashlik (D)</td>
<td>Paneer Tikka (D/N)</td>
</tr>
<tr>
<td>Saag Paneer (D)</td>
<td>Lamb Shaami Kebab</td>
</tr>
<tr>
<td>Lamb Shish Kebab</td>
<td>Goat Curry</td>
</tr>
</tbody>
</table>

**Note:** $1 extra for Shish Kebab and Goat Curry

Allergies: (D) Dairy   (N) Cashew   (V) Vegan

**Bread:** Naan $2 / Garlic Naan $3

3. **BURRITO**
Flour Tortilla with your choice below, rice, black beans, sour cream and cheese.

<table>
<thead>
<tr>
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<th>Chicken Tikka (D/N)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paneer Tikka (D)</td>
<td>Paneer Sashlik (D)</td>
</tr>
<tr>
<td>Scrambled Egg</td>
<td>Sautéed Vegetables</td>
</tr>
</tbody>
</table>

All Exchange Meals comes with soda or water. Doesn’t include Indian Soda or specialized drinks.
WASHINGTON STREET WEDNESDAY
Flatbread Grill Menu

Choose a Side
French Fries, Pita Chips, White Rice, Cracked Wheat, Sheperds Salad

OR

MINI FLAT-TOP PLATTER
Chicken or Falafel

Choose a Side
Shepherd Salad, Chickpea Salad, French Fries, Pita Chips

Choose a Sauce
Yogurt Cucumber, Red Hot, Green Tahini

Choose a Rice
White Rice, Cracked Wheat

Choose a Bread
Original Piatta, Whole Wheat Piatta

ALL MEAL EXCHANGE INCLUDES FOUNTAIN DRINK

MENU SUBJECT TO CHANGE - NO DELIVERY 517 WASHINGTON STREET
CHOOSE ONE

“Snack Size” Poke Bowl or Burrito
with choice of one base, one protein (Ahi Tuna, Salmon, Shrimp, Chicken, or Kani Crab), one sauce, three mix-ins, and two toppings

“Island Style Hot Dogs
One Specialty Dog (Samurai, Kimchi, or Big Island) or Two plain Hawaiian dogs

ALL MEAL EXCHANGE INCLUDES A BOTTLE OF WATER
Our products may contain wheat, egg, dairy, soy, or fish allergens.

MENU SUBJECT TO CHANGE
Benny Tudino’s

CHOOSE ONE

One or Two Slices of Cheese Pizza
(toppings are additional)

Any Hot Sandwich Below
Grilled Chicken, Sausage Parmigiana, Meat Balls/Eggplant/Chicken Parmigiana, Cheese Calzone and Sausage or Ham Calzone

Any Wrap Below
BBQ Chicken, Turkey Wrap, Caesar Chicken, Tuna Wrap, Roast Beef, Veggie Wrap

Grilled Chicken Salad
Grilled Chicken Caesar Salad

ALL MEAL EXCHANGE INCLUDES
A REGULAR FOUNTAIN SODA

MENU SUBJECT TO CHANGE – NO DELIVERY. 622 WASHINGTON STREET
Upgraded Menu

Extra Protein: +$3 per portion
Extra Mix-in, Sauce, or Topping: +$1
Make your bowl or burrito a regular: +$6
Make your bowl or burrito a large: +$9

“Regular Size” Acai or Pitaya Bowl:

Upgrades:
Extra: toppings or sauce: +.75 per item
Make your acai or pitaya bowl a large: +$5

Upgrades:
Extra Plain Dog: +$3
Extra Specialty Dog: +$5

ALL MEAL EXCHANGE INCLUDES
A BOTTLE OF WATER
Our products may contain wheat, egg, dairy, soy, or fish allergens.

MENU SUBJECT TO CHANGE
WASHINGTON STREET
WEDNESDAY

Stacks Pancake House & Cafe

CHOOSE ONE

Any Light & Fluffy Pancakes

Stacks Original
Gone Bananas
Slice of Heaven
Blueberry Craze
New! White Out
Chunky Monkey
The Big Apple
New! Tio Pepi’s Favorite

Red, White & Blue
Strawberry Fields
Silver Dollar
Pancakes Healthy
Original Berrylicious
The Chocolatier
Oreo Cookie
Hot Cross Buns

Any French Toast

Original
Apple Cinnamon
Fresh Fruit
Chocolate Chip
Stacks Cinnamon Toast

Any Belgian Waffles

Original
Blueberry
Strawberry
Banana
Apple
Chocolate Chip

Chicken Breast Tenders
or Loaded Chili Nachos

ALL MEAL EXCHANGE INCLUDES A FOUNTAIN DRINK OR COFFEE

*GRATUITY NOT INCLUDED*

MENU SUBJECT TO CHANGE - NO DELIVERY 506 WASHINGTON STREET